

June 2019

Message for all parents/guardians about measles and MMR vaccine

There are ongoing measles outbreaks in Europe and there is a risk of imported cases associated with travel and subsequent spread of the infection within the population. Measles is highly infectious. It can cause serious illness and can sometimes be fatal.

MMR vaccine protects against measles, mumps and rubella. 2 doses of the MMR vaccine are needed. The first injection is given to toddlers at the age of 13 months and the second injection is given before the child goes to school. MMR can be given to older children, teenagers and young adults if they missed their injections when they were younger.

Contact your GP practice if your child needs an MMR vaccine. The vaccine is free. If you are not sure if your child needs an MMR vaccine, you can contact the GP to ask.

Measles is not just a little kids' problem. Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

The first signs of measles are

- fever
- cough, runny nose and red sore eyes
- After a few days, a spotty rash will appear. It starts on the face and neck before spreading to the rest of the body.

If you think your child has measles, ring your GP practice for advice. Don't turn up to the surgery, walk in centre or to Alder Hey accident and emergency without calling ahead. The doctor will make special arrangements to see your child so that if your child has measles – they won't pass it on to others.

Keep people with symptoms of measles away from others to avoid spreading measles.

Stay away from school, nursery or work for 5 days after the onset of rash (i.e while infectious).

If you would like more information, see <https://www.nhs.uk/conditions/measles/>